



**CUYAHOGA VALLEY
CAREER CENTER**

Career Development Department

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January-June, 2011

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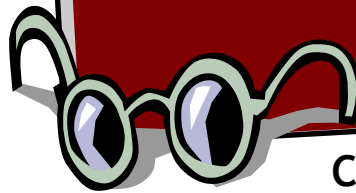
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SNEAK A PEEK

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Cuyahoga Heights Local School District

**STUDENTS LEARNED ABOUT
GENETIC COUNSELING**



Amy Shealy, MS, CGC, a genetic counselor from the Cleveland Clinic, spoke to a student assembly about genetic disorders and how to recognize them.

Approximately 125 seventh and eighth grade students and their teachers learned how a genetic counselor is actually a type of detective during Amy Shealy's presentation on January 13th. Ms. Shealy introduced students to her career in between student testing, increasing students' awareness of why academic classes and testing are important. This year, the focus was on science careers.

Ms. Shealy spoke about how she got her job and the education and training necessary for her career. She showed students how to make a genetic "family tree," and talked about how a genetic counselor helps people by determining if someone has a genetic disease. She also told students that she helps people who do have genetic disorders locate other families that may have the same issues.

Both students and teachers gained much helpful information and enjoyed her presentation.

Articles Continued on Following Pages

CVCC Mission: Preparing youth and adults to enter, compete and advance in an ever-changing work world

POLISH HERITAGE AND CULTURE PRESENTED BY GENE BAK

Gene Bak, Executive Director of the Polish-American Cultural Center, spoke to 46 third graders and their teachers on March 9th to share information on his Polish heritage. His presentation was in conjunction with students' curriculum standard, People in Societies.

Mr. Bak spoke of Polish culture, traditions, language, history, literature, arts, music, theater and education. He also talked about his Easter and Christmas traditions and showed students artifacts from Poland.

He also shared information on the Polish community in Cleveland. The Cuyahoga Heights area was a destination of many immigrants from Poland, as well as those from Germany, Scotland and Italy. The Cultural Center offers an opportunity for children to learn the Polish language and folk dances. There is also a museum that consists of several sections, including the contributions of the Polish people to the history of Cleveland.



Gene Bak, Executive Director of the Polish-American Cultural Center, shared Polish history and holiday traditions with students.



Kathy Swartout, Chairwoman of the Cuyahoga Heights Historical Committee, presented students with a book they will continue to use with their studies.

CITY'S HISTORY SHARED WITH STUDENTS

On Wednesday, May 11, third graders and their teachers walked to, then toured the historic Willow House, located close to the elementary school in Cuyahoga Heights. At the house, Kathy Swartout spoke to students about the history of Cuyahoga Heights.

Students had previously received a booklet on their city's history that Mrs. Swartout compiled from historical records of the village. The booklet contained pictures of historical maps of the area, a timeline for the village and several photos of historical buildings in the village as they existed then and how they look now. During their visit, Mrs. Swartout presented the students with an additional booklet that outlined many of the historic houses, including Willow House, and the families who lived there.

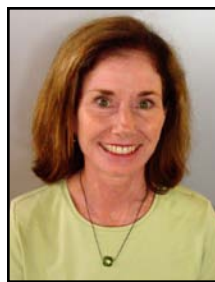
CAREER SPECIALISTS AT WORK IN YOUR SCHOOLS



Kathy Dombrowski



Kathy Richards



Pat Butler

Kathy Dombrowski works with elementary school teachers to include career professional speakers in the classroom who enhance students' lesson plans with real-world experience.

Kathy Richards works with middle school students to prepare them for a future in the working world.

Pat Butler prepares high school students for post-secondary education and future careers with portfolio preparation and hands-on practice in job shadowing and interviewing.

HOLIDAY INN USED AS EXAMPLE OF ECONOMICS FOR STUDENT LESSON

Joan Arrowsmith, Director of Sales at the Holiday Inn, Cleveland South, (pictured at right), spoke to third grade students about economics in the community, relating the subject to the Holiday Inn.

She discussed economic competition for the Holiday Inn, its goods and services and producers/consumers. The Holiday Inn had just completed a two million dollar renovation in order to be more attractive to consumers in the area and remain competitive with other nearby venues to attract event business.

The students were familiar with the Holiday Inn as it is just minutes from the school and many had attended events there.



HISTORY CAME ALIVE WITH RON BERNSTEIN'S PRESENTATION



Ron Bernstein, (pictured at left), a 69-year resident of Valley View and a former council member, spoke to third graders about the history of Valley View on Wednesday, January 26th.

He told students about the Indian tribes that inhabited the area, facts about the digging of the canal and about the historic buildings in the community, including Wilson's Feed Mill, Foote House and Campbell House.

Mr. Bernstein also shared some village folklore about an old captain whose wife mysteriously disappeared. The captain and his wife lived in the lock tender's house — now the Visitors' Center for the Cuyahoga Valley National Park. Legend has it that if one listens quietly at dusk, one can hear the wind calling the name of his wife!

METROPARKS' PEDESTRIAN BRIDGE DESIGN EXPLAINED TO STUDENTS

Dick Kerber, Director of Planning, Design and Natural Resources, with the Cleveland Metroparks, (pictured at right) discussed architecture in the community.

He focused on the pedestrian bridge over Warner and Granger Roads, which was built by the Metroparks.

Mr. Kerber explained the design and approval process and the input gathered from the area residents. He also shared step by step slides of the process from design through construction.



EVENTS AT CUYAHOGA VALLEY CAREER CENTER

MIDDLE SCHOOL STUDENTS DISCOVERED OPPORTUNITIES FOR CAREERS IN HEALTH CARE AT "YOUNG MEN IN MEDICINE"

Forty-two young men from five CVCC districts visited CVCC on January 28th. They rotated through CVCC's Health Care and Dental Science programs, doing fun, interactive activities that were led by CVCC instructors and their students. The visitors dissected chicken wings, learned what it's like to have disabilities and how to take vital signs. At other stations, they put the bones of a skeleton together, created dental impressions and did blood typing.

Keynote speaker for the day was Chris Manacci, Director of Critical Care Transport Team at Cleveland Clinic Foundation (CCF). Students participated in a networking activity and shared lunch with male health care professionals from a variety of fields. Lunch was prepared and served by CVCC Culinary Arts students,

In the afternoon, several CCF health care professionals provided tabletop demonstrations, including the Medical Intensive Care Unit (MICU) where students were able to see what happens when critically ill or injured patients are taken by ambulance or helicopter to the Clinic. CCF professionals who presented information about their careers were Chris Manacci, Manager, Nurse Practitioner, Flight Nurse; Brian Holbrook, Crystal Lewis, Taylor Bohlen and Chris Comachioni, all Critical Care Transport Team members; Craig Majka, Physical Therapist; Matt Wammes, Respiratory Therapist; Brandon Czerwinski, Radiologic Technologist; and Manny Economos, Athletic Trainer. Michael Zana, CVCC's Nursing Instructor, also shared his career story.



A networking "Bingo" activity got health career professionals and students chatting together.



Students did blood typing with Sherry Maier, CVCC Health Careers Instructor.



John Spano (at right), CVCC Science Instructor, supervised skeleton construction.



Respiratory theory was explained by CCF professionals.



Students practiced dissection using chicken wings.

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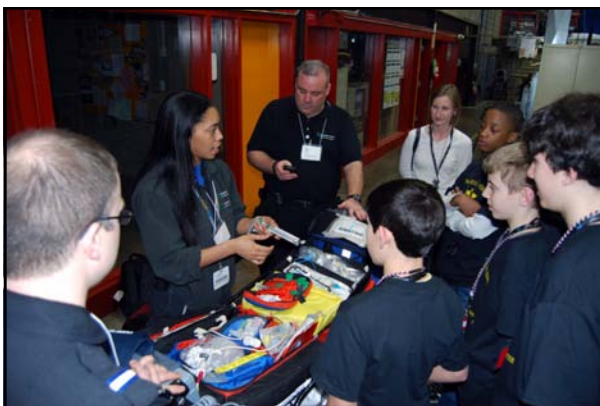
More Photos from Young Men in Medicine



CVCC students in Diane Ellis's and Patty Valukievic's Health Careers classes talked with the visitors about eye exams.



Students in Lisa Theodore's Dental Assisting class helped the young men take dental impressions.



Students learned about the contents of a mobile unit with CCF's MICU team members.



CCF and Cuyahoga Community College professionals shared lunch with students in CVCC's Valley Inn Restaurant.



X-ray technology proved fascinating to students.



A physical therapy exercise was demonstrated by Craig Majka, Physical Therapist.

Comments received from parents of the young men who had participated in Young Men in Medicine confirmed the success of the day. Based on his hands-on experiences at CVCC, one young man even decided to rank a "career in health care" above "professional basketball player!"

EMPLOYERS AND STUDENTS CONNECTED AT NINTH ANNUAL CVCC STUDENT JOB FAIR



More than 900 high school students 15 and older attended the ninth annual CVCC Student Job Fair on March 10th. Employers from 36 companies interviewed students for part time, seasonal and volunteer positions.

Students were well prepared for their interviews by CVCC career specialists who worked with them in their home school classes to prepare resumes and references. Students also learned about professional appearance, cell phone etiquette and completing applications.

Tables were color coded, representing the ages employers were seeking, so students wasted no time waiting in inappropriate lines. They benefited by being able to meet many employers in one place during one evening. Employers hired some students during the fair, and left with multiple applications to review later.



A Brecksville-Broadview Heights student (left) was hired after his interview with Fun 'n' Stuff. Students (right) lined up at employers' tables to present their credentials and find out about the positions that were available. Employers remarked that they were impressed by how well students were prepared.

EVENTS AT CVCC ARE GENERATED AND IMPLEMENTED BY CAREER DEVELOPMENT STAFF



Thressa Brown
Trainer



Patricia Coyne
Program Developer



Nanci Coleman
Community Liaison
North Royalton
Revere

Darden Blake
Community Liaison
Brecksville-Broadview Hts.
Independence



Marie Elias
Community Liaison
Nardon Hills
Twinsburg



Bridget Murphy
Community Liaison
Cuyahoga Hts.
Garfield Hts.



STUDENTS EXPLORED CAREER OPTIONS IN STEM FIELDS

The STEM (Science, Technology, Engineering, Math) Career Expo was held on Saturday, February 5th, at CVCC. More than 300 area students and their parents attended the Expo.

Panel presentations at 9:30 and 11:00 introduced students to potential careers in STEM fields. Panelists who participated in the Engineering panel were Troy Conant, The Lubrizol Corporation; Kathy Gargas, The Lincoln Electric Company and Katie Jagusch, STEMout. Panelists on the Technology/Math panel were Don Danko, Eaton Corporation; Erik Mosley, Towers Watson and Patrick Sullivan, Progressive. Panelists on the Science panel were Thomas Towers, NEOUCOM; Chris Murphy, The Lubrizol Corporation and Jessica Mester, Cleveland Clinic.

Leading area businesses in STEM industries displayed products and talked with students and their parents about their day-to-day responsibilities, career opportunities in their fields and education required. In many of the booths, students were invited to try hands-on activities provided by the company. Colored stars on posters with the company name at each booth designated the category of STEM in which the company was involved, making it easy for attendees to meet with representatives in fields in which they were interested.

Five CVCC class instructors and their students displayed projects from their STEM-related programs. Programs represented were Computer Networking Academy, Energy Systems, Computer Aided Design, Engineering Technology and Health Careers.

In the College Corner, representatives from 16 colleges were enthusiastic about meeting with students focused on STEM majors. Students were able to pick up information on the colleges in which they were interested and learn which high school course work they need now. The Segway that Cleveland State University's Fenn College of Engineering brought was especially popular with participants, who were instructed on its operation and permitted to try it out.

CVCC partnered with the Cleveland Engineering Society (CES), The Great Lakes Science Center (GLSC) and STEMout organizations to offer this event.



A student experimented with the "Non-Newtonian Fluid" at the STEMout table. The liquid sometimes behaves like a solid and sometimes like a liquid. When the student ran her hands through the mix slowly, it moved like a liquid; however, when punched with force, it was hard like a solid. This was just one of several hands-on demonstrations at the Expo.



More than 300 students and their parents attended the Expo.



The Segway brought by CSU's Fenn College of Engineering was especially popular with students.

ROBIN J. SACKS SHARED HER PHILOSOPHY WITH THE GLASS CEILING ROUNDTABLE GROUP AT YEAR-END BRUNCH

CVCC's Glass Ceiling Roundtable celebrated its 10th year with a year-end program focusing on "Choosing Your Destiny." More than 50 junior and senior girls, representing five high schools, converged at CVCC for a delicious brunch, a motivational talk and break-out sessions designed to help them prepare for a successful future.

Participants in the Glass Ceiling Roundtable are selected by guidance counselors and teachers for having demonstrated leadership potential. The girls were encouraged to take a deep breath and focus on themselves for a half day, leaving behind thoughts of AP exams, prom dresses and college preparation.



Students from five district schools spent a half day focusing on their "future beyond academics" at the Glass Ceiling Roundtable year-end event.



Robin J. Sacks shared her advice for personal success at the brunch prepared by CVCC's Culinary Arts students.

Robin J. Sacks, an award-winning journalist and playwright, author, speaker and motivational speaker, shared her advice for personal success. It included, "You are over-thinking everything. Get clarity, get moving, get results. And, get out of your own way!"

The girls attended three breakout sessions. They created Personal Vision Statements that identified what they want to stand for and where they want to go in their lives. They learned the importance of nonverbal communication, and how to read body language, gestures, intonation and facial expressions. Finally, they took a mini Myers Briggs personality assessment, and learned how their personality impacts how they relate to other people.

The girls expressed appreciation for the opportunity to spend time focusing on the future. One participant summarized the day, saying she especially liked "learning more about myself and how I think." The Glass Ceiling Roundtable is funded by private grants.



Marlene Anielski, State Representative, presented a Proclamation to Roscoe Schlachter on May 6.

"SOUP WITH THE SUPE" LUNCHEONS INTRODUCED COMMUNITIES TO CVCC

Roscoe Schlachter, retiring CVCC Superintendent, was the guest of honor at the May 6th "Super Sendoff" luncheon, the last of the spring semester's "Soup with the Supe" events. Residents of Independence enjoyed the free soup and salad luncheon in February. On April 15th, community members from Independence, North Royalton, Brecksville and Broadview Heights were guests.

In addition, middle school parents were invited to the luncheon on March 18th and participated in school tours. On December 3rd, CVCC Job Seekers workshop participants heard a presentation on "How to Penetrate the Job Market" and had an opportunity to network. Luncheons were prepared and served by CVCC's Culinary Arts students and took place in CVCC's Valley Inn Restaurant.

"HER IDEAS IN MOTION" WEB DESIGN WORKSHOP INTRODUCED GIRLS TO PROGRAMMING AND DESIGN

On Saturday, May 7th, 50 girls gathered at CVCC to learn basic HTML and other computer programming that would enable them to create a website. The workshop was initiated by Rachel Wilkins Patel, a web designer for Progressive Insurance and owner of Bridge Interactive LLC. Six additional volunteers, including IT professionals, artists and designers, worked with the girls as they developed their skills.

"We wanted to have women professionals teaching the next generation of females in their fields, and to encourage girls to pursue careers in media science," Rachel said in explaining why the workshop was offered only to girls. "These instructors brought real life experience to the workshop."



Dawn Zidonis, (standing), a computer programmer, demonstrated basic code for creating web sites and familiarized students with working with files on a web server.



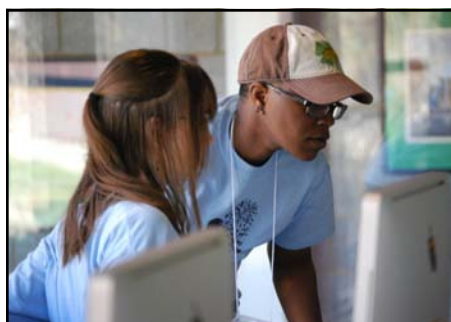
Jazmine Watson, an 8th grade student, received assistance from Maya Lindenmuth, a computer programmer and one of the volunteer workshop instructors.



Lunch shared with the professionals who conducted the classes provided an opportunity for informal networking.



Shanita Leaks, a professional photographer, took the students' photos and uploaded them to the web server. A basic lesson in digitizing the photos followed and students were able to upload their optimized photos to the server.



Following lunch, a game of career monopoly reinforced the programming terms used in the workshop. Cards drawn moved tokens forward or backward with phrases such as "incorrect tag," or "servers down."

Workshop instructors not pictured were Nicole Capuana, Nicole Parker, Robin Ott and Rachel Wilkins Patel. Surveys completed by participants indicated that the girls' understanding of web design, interest in a career in web design and belief that women can achieve a career in web design increased as a result of the workshop. Some learned IT was not the career choice for them, while others enthusiastically embraced the programming challenges. The workshop was sponsored by the CVCC's Career Development Department.

PARTICIPANTS LEARNED ABOUT CAREER OPPORTUNITIES AT THE MAY 4TH HEALTH CAREERS EXPO



High school students and adults who attended the CVCC Health Careers Expo on May 4 learned about the many opportunities in allied health career fields. They were able to meet potential employers and get information about training programs and education opportunities to either begin or advance a career in health care.

Shown at left, Kelli Chronister, Director of Clinical Education, Respiratory Therapy Program at University of Akron, helped an Expo participant insert a breathing tube into a model. At right, Mark Dailey, an emergency medical technician, explained his job to Health Careers Expo participants.



TIPS ON SURVIVING THE FIRST YEAR AT COLLEGE PROVIDED AT "COLLEGE SURVIVAL SKILLS 101" SEMINAR



Panelists at the College Survival Skills 101 seminar were (l-r) Jen Miller, Dr. Trina Dobberstein, David Pelland and Lieutenant Chad Cunningham.

The parents and students who attended the "College Survival Skills 101" seminar gave rave reviews to the panel of experts who addressed issues critical for the college-bound student (and his/her parents) to consider before leaving for college.

Panelist Dr. Trina Dobberstein, Vice President for Student Affairs at Baldwin-Wallace College, discussed the social and emotional ramifications of college life. Jen Miller, a senior at Baldwin-Wallace College, majoring in education, provided her perspective on college life.

David Pelland, CFP, Bear Pelland Associates, shared information on personal financial responsibilities; and Lieutenant Chad Cunningham, University of Akron Police Department, talked about campus safety and the legal aspects of being an 18-year-old.

In addition to the information from experienced professionals, attendees received helpful articles and a checklist of "must-have" conversations to follow up before sending their child off to college.

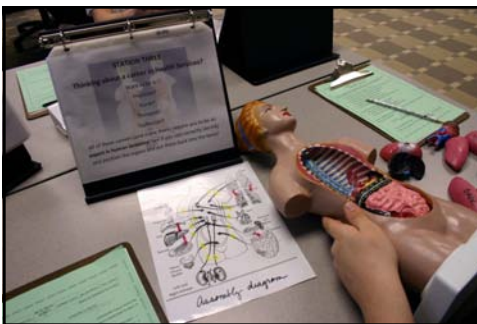
SEVENTH GRADERS VISITED CVCC FOR CAREER "EXPLORATION"

Seventh Graders from Brecksville-Broadview Hts., Garfield Hts., Independence, Nordonia Hills, North Royalton, Revere and Twinsburg Middle Schools, as well as students from Assumption Academy, St. Michael and St. Albert the Great, visited CVCC during February and March. Students toured the school and observed activities in the classrooms. They also completed an online interest survey and explored matching careers. In the Tryvertising Lab, hands-on activities (pictured below) took place. The visitors also enjoyed lunch in the cafeteria.

CVCC Career Specialists conducted a lesson to introduce career and technical education prior to students visiting. They also followed up with a lesson to answer questions following the field trip. The experience lets students explore high school options and facilitates completing their high school course plan when they are in the eighth grade.



(l-r) Following directions to build a model "house" was an exercise that simulated CVCC's Construction Trades program. Rolling curlers in a mannequin's hair, an activity based on the Cosmetology curriculum, proved to be more difficult than it looked! Constructing an electronic circuit gave students a taste of activities in CVCC's Engineering Technologies classroom.



(l-r) An activity that sampled CVCC's Health Careers program required students to find organs and place them in the correct position in a model. Folding napkins into fancy shapes provided a taste of Culinary Arts. Following directions to create a cartoon was an exercise students might explore in CVCC's Digital Design class.



(l-r) Computer career assessments defined students' skills and interests. Visits inside some classrooms with CVCC students to explain their activities enhanced the visitors' tour. CVCC Career Specialists conducted tours to all CVCC classrooms.

SUMMER CAREER CAMPERS HAD FUN WHILE LEARNING NEW SKILLS



Care 4 Kidz 'n Petz campers acquired babysitting skills, as well as certification in pet and human CPR. A field trip to the Metropolitan Veterinary Hospital to witness a surgery was just one highlight of the week's camp.



A rocket launch on the first day of **Blast Off! Rocketry** camp got the week off to a fast start. Campers designed rockets on the computer, then built and launched several types during the week.



Campers in **Beautiful You** learned to give facials, as well as do manicures, pedicures and work with their own mannequin heads to create hairstyles. The popular camp was offered both weeks.



Creating, scripting, acting in and shooting a short movie were included in **Movie Makers** camp. The camper above is editing her movie.



Lemon ice, on the menu for "Italian Day," was one dish prepared by campers in **Chef for a Week** camp (left). Campers also visited the West Side Market. Campers with some cooking experience

In **Gourmet Chef for a Week**, new in 2011, made chocolate lava cake (above) and created dishes from appetizers to entrees to desserts for a complete "gourmet" dinner they could recreate at home. A trip to West Point Market got rave reviews from campers.



Campers in **CVCC Rock Star** camp, a new camp offered in 2011, created and recorded both vocals and instrumentals in CVCC's state-of-the-art recording studio.



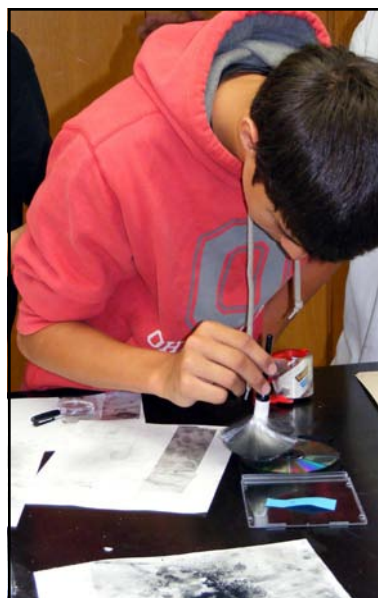
Three campers in **Digital Fashion Design** showed off business cards designed to market their fashions that were created using computer software. Making purses and accessories with Duck Tape was also a popular activity.



Campers in **Digital Dark-room** learned to take and enhance their own photos to create digital art, using their cameras and Photoshop.

More Summer Career Camp Photos on Page 13.

Summer Career Camps, continued



(Clockwise from top left) Popular **Video Game Design** camp was offered both camp weeks. Campers learned to create platform games and used their knowledge to develop their own games. In **Underwater Robot**, campers worked in teams to build their robots, tested them in a small pool, then participated in competitions on Friday at the Macedonia Recreation Center pool. **STEM** campers designed and built mini robotic vehicles that faced off in a competition on Friday. In **Tool Time**, offered both weeks, campers learned to use power tools safely to build Adirondack chairs. Lifting fingerprints was just one of the skills campers in **CSI: Cuyahoga Valley** learned. Other activities included crime scene diagramming, determining blood spatter patterns and making dental and footprint molds.

Summer Career Camps provided some 300 students entering 8th, 9th and 10th grades an opportunity to explore careers by participating in fun activities and learning skills required for the careers camps represent. Camp experiences allowed students to also acquire soft skills, such as working in teams and communication, required in today's workplace.

JOB SEEKERS WORKSHOPS PROVIDED SKILLS AND INFO

Successfully transitioning to a new career requires a lot of work: conducting a self-assessment, researching potential careers and repackaging oneself to be considered a viable candidate. The current, competitive job market demands that job seekers do their homework in each of these areas.

CVCC Job Seekers Workshops provided that assistance to community members in a series of monthly Saturday sessions in which participants learned how to create LinkedIn profiles, tailor resumes to specific positions, prepare for behavioral interviews and take computerized career assessments.

The sessions included one-on-one resume critiques with CVCC career specialists, as well as presentations by local human resource professionals on topics such as conducting an effective job search and what recruiters are looking for in job candidates.



Patti Semancik, CEO of Bridgeway Resources, spoke on "The Art of Interviewing at Midlife" at CVCC Job Seekers "New Year: New You" session in January.

Career Specialists in Your Schools

Elementary
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Career Development Department



**CUYAHOGA VALLEY
CAREER CENTER**

Our objective is to prepare all district students, kindergarten through adult, to make the best possible informed career choices and position them for future career success by providing impactful age-appropriate resources and relevant experiences

CVCC 2011-12 Coming Events

CVCC 40th Anniversary Celebration

Saturday, October 1-9:00-3:30 - Multiple events including Pancake Breakfast, Car Show, Open House, Recognition Ceremony and Hands-On Activities for students or all ages

CVCC Job Seekers

Saturday, September 10, 9:00-Noon - Job Seeker Workshop: Assessments, resumes, LinkedIn profiles.

Saturday, October 1, 10:00-11:15 - "How to Conduct an Effective Job Search" Lecture followed by lab (resumes, assessments, LinkedIn profiles)

Saturday, November 12, 9:00-Noon - Recruiters' Forum - "What Recruiters Want"

Friday, December 2, Noon-1 PM - Lunch 'n Learn: How to Penetrate the Job Market

College Planning

October 5 - 6:00-7:30 PM - College Night

November 9 - 7:00-9:00 PM - College and Career Planning Seminar

Soup with the Supe, CVCC Valley Inn, 12:00-1:00

- September 16-Red Hats Society
- September 20-Garfield Heights Community
- September 27-Twinsburg Community
- October 7-North Royalton Community
- October 11-Sunrise with Supe (All Communities) (8:30-9:30)
- October 20-Brecksville Chamber Luncheon
- October 25-Sunrise with Supe-Nordonia Hills (8:30-9:30)
- November 1-Joint Chamber Networking Event

Semi-annual *Sneak-a-Peek* newsletters are published in September and February. Newsletters are edited and produced by Donna F. Hessel, Career Pathways Specialist.

For more information on any of the coming events and to opt in for monthly email updates, please check the CVCC website: www.cvccworks.com